

Mental Health and Substance Abuse Treatment Resources

A quick Google search will reveal a multitude of mental health organizations that offer education and information about psychiatric or substance use issues.

Here are a few national organizations that CIE recommends to learn about mental health, substance abuse and treatment:

- [Iowa Psychological Association](#)
- [Your Life Iowa](#)
- [National Institute for Mental Health](#)
- [National Alliance on Mental Health](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [Mental Health America](#)
- [National Suicide Prevention Lifeline](#)
- [American Foundation for Suicide Prevention](#)
- [American Association of Suicidology](#)
- [The Trevor Project](#)
- [American Psychiatric Association](#)
- [American Psychological Association](#)
- [Anxiety and Depression Association of America](#)
- [Psychology Today](#)

Suicide Prevention Resources

Suicide rates are rising, but it can be prevented. We've got some resources to help you or your loved one.

[View suicide prevention resources.](#)